



TRANSFORMATIONAL LEADERSHIP for EXCELLENCE

MIND MATTERS

For Agility and Resilience

15-16 June 2019

Central London, UK

Mind Matters for Agility and Resilience

The Challenge

Today's world is complex, demanding and constantly changing. The possibility of rapid change and communication not only opens up new opportunities, but also leads to higher performance demands and a growing workload. Information and communication technologies allow the overcoming of spatial separation, resulting in accessibility around the clock and in every location.

What can be done when high potential individuals need to continue to perform at top speed and under challenging, ever-changing circumstances? How can they uphold a high level of performance and at the same time stay calm, relaxed and focused?

Overview

The TLEX Mind Matters for Agility and Resilience program includes self-management and mind-management. At the heart of the program are hands-on exercises on mind-management, a set of relaxation techniques and breathing exercises as well as the trademarked SKY technique.

Benefits

- Increased Resilience: Staying calm, relaxed and focused in challenging situations.
- Heightened Agility: Being able to keep moving and performing while stepping back to identify dynamic needs and opportunities during times of complexity and change.
- Strengthening personal presence and leadership qualities

WHAT PARTICIPANTS SAY

We conducted a study with 1.128 participants from across 30 countries:

Impact on well-being, performance and social connectedness



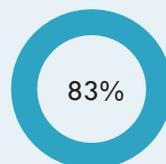
90% of participants agreed that TLEX techniques increase their ability to stay calm in difficult situations.



85% of participants agreed that TLEX techniques increase the ability to listen to and accept multiple perspectives.



93% of participants agreed that TLEX techniques will have a positive impact on their working day.



83% of participants attested to the fact that TLEX techniques increase the ability to stay focused on job at hand.

"I enjoyed the workshop very much. I couldn't have used my time better. The workshop was extremely effective and made a strong impression on me. It was one of the best training events I have ever attended at Microsoft. The quality of my work both at home and in the company has improved considerably since then." Payal Gupta Tiwana, Head of Program Management at Microsoft

Mind Matters for Agility and Resilience

Content

The Mind Matters program was developed to increase well-being and awareness in everyday life and to practice the skills to tackle challenges with focus, courage and energy.

Some of the contents are:

Work Life Integration

Quantity vs. quality of time. Learn to be more present and thus be able to use and enjoy time better.

Objective: To use time at work and time at home more effectively.

Mindfulness Techniques

Scientifically proven breathing and relaxation exercises. The focus is on the SKY technique, a guided 10-minute breathing technique that brings deep relaxation and calmness.

Objective: To release stress and achieve relaxed alertness (FLOW state)

Presence in Management

The state of mind is central to personal success and good relationships.

Objective: To understand the importance of the state of mind and its impact on performance and relationships in the workplace.

Brain-friendly working structures

Techniques for improved time management and increased productivity at the workplace.

Objective: Understand how work structures affect performance and make necessary adjustments.

Agenda:

Sat, June 15 | 10:00-13.00 hr

Welcome and introduction to the topic
Stress & Energy
The circumstances and my perception
Mindfulness - practical techniques

Venue

Central London

Sun, June 16 | 10.00-13.00 hr

Work-Life integration and presence in everyday life
Mindfulness - advanced techniques
The Science of Breath and Mindfulness Techniques
Creating trust in my environment

Contact

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Sun, June 16 | 14.00.00-17..00 hr

Mindfulness - advanced techniques
My daily mindfulness practice
My Vision & Inspiration
Transfer to everyday life: 21 days of challenge

Registration Link

<https://tlexinstitute.com/open-seminar-2/>

Trainers



Gaurav Gaur
Trainer and Consultant

Gaurav has been conducting resilience, agility and leadership trainings for over 13 years across Europe, Russia, Middle East, US and Africa. Some of his clients include IKEA, Nivea, Deloitte, Deutsche Bank, Atlas Copco and Warwick Business School. Prior to joining TLEX Gaurav worked in banking New York, London and Mumbai for Citibank, Lehman Brothers and Barclays. Gaurav has an Engineering degree from IIT-Bombay and an MBA from Cornell University, USA



Rachna Tulsian
Trainer and Consultant

Rachna joined TLEX institute in March 2016. Prior to that she was conducting stress management and mind management workshops in UK. She has lived in six countries across the globe and thus has gained a wealth of experience working with diverse cultures. Rachna has over 7 years' experience in delivering mind management, team building, leadership and wellness programmes to people from all walks of life. She has trained and coached entrepreneurs, leaders, doctors and has worked closely with many corporations. Some of her recent clients are Thomson Reuters, HSBC, Accenture and Visage Group. Rachna holds a B.A in Education from the University of Kolkata, India. She has held board positions in a local charity in the UK and a global NGO.

Some TLEX Clients



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